



NO SWIM PRACTICES

12/15  
REST UP FROM  
OUR SWIM MEETS!

**SIoux FALLS**  
**SWIM TEAM**



# 12/8-12/14 SCHEDULE

**FRIDAY PRACTICE CHANGES**

4-5pm - Blue 2&3 @ Elmen

4:30-5:30pm - Blue 1 @ EmBe  
5:30-6:30pm - White 3@ EmBe

No Friday Practice White 2 & Red 3

No Saturday Practices for anyone

**SWIM MEET IN VERMILLION**

9-9:30am Warm up - Blue Groups, White 3

9:30-9:55 Warm up - Red Groups, White 1&2

10AM - Meet Start

Saturday Wear Navy, Sunday Wear Grey

## Calling all Thrivent Members!

The Sioux Falls Swim Team is excited to share that we have been added to the Thrivent Choice® approved non-profit list. If you are a Thrivent Member, please consider directing your Thrivent Choice dollars to support the Sioux Falls Swim Team.

Reminder: All 2025 Thrivent Choice dollars expire March 31, 2026.

In addition, if you have a Thrivent Action Team you would like to use to support the Sioux Falls Swim Team at any of our upcoming meets, please contact Molly Ritter at [president@sfswimteam.org](mailto:president@sfswimteam.org) to discuss ideas.

Thank you for your continued support! 🏊💙

## Two Apps Every Swim Family Should Have This Season

As we head into a busy stretch of practices and meets, we want to make sure every family has quick, reliable access to the information they need. This season, we strongly encourage all parents to download two key apps that will help you stay organized, informed, and ready for whatever the schedule brings.

### 1. Meet Mobile – Great for Following Along (But Not Official Results)



Meet Mobile is a helpful tool for keeping up with what’s happening during a swim meet. You can check heat sheets, estimated timelines, and see times shortly after your swimmer races.

However, please note, Meet Mobile is not the source of official results. Times posted there are temporary and may change after review and use it as a quick way to track progress throughout the meet, not as a final record. Meet Mobile will not describe the DQ calls as well, and your swimmer should talk to their coach about these calls.

### 2. SportsEngine – Your Hub for Team Communication

The SportsEngine app is the place where team logistics live. We use it for:

- Meet sign-ups
- Team notifications
- Any last-minute schedule or practice changes
- Program updates and reminders



If you only download one app for reliable communication, make it SportsEngine. Keeping notifications enabled will ensure you never miss an important update.

Both apps serve different purposes, but together they help create a smooth experience for swimmers and families. Please take a moment to download them before our next meet and reach out if you need help getting set up.

We’re excited for a great season—thank you for staying plugged in and supporting your athlete!



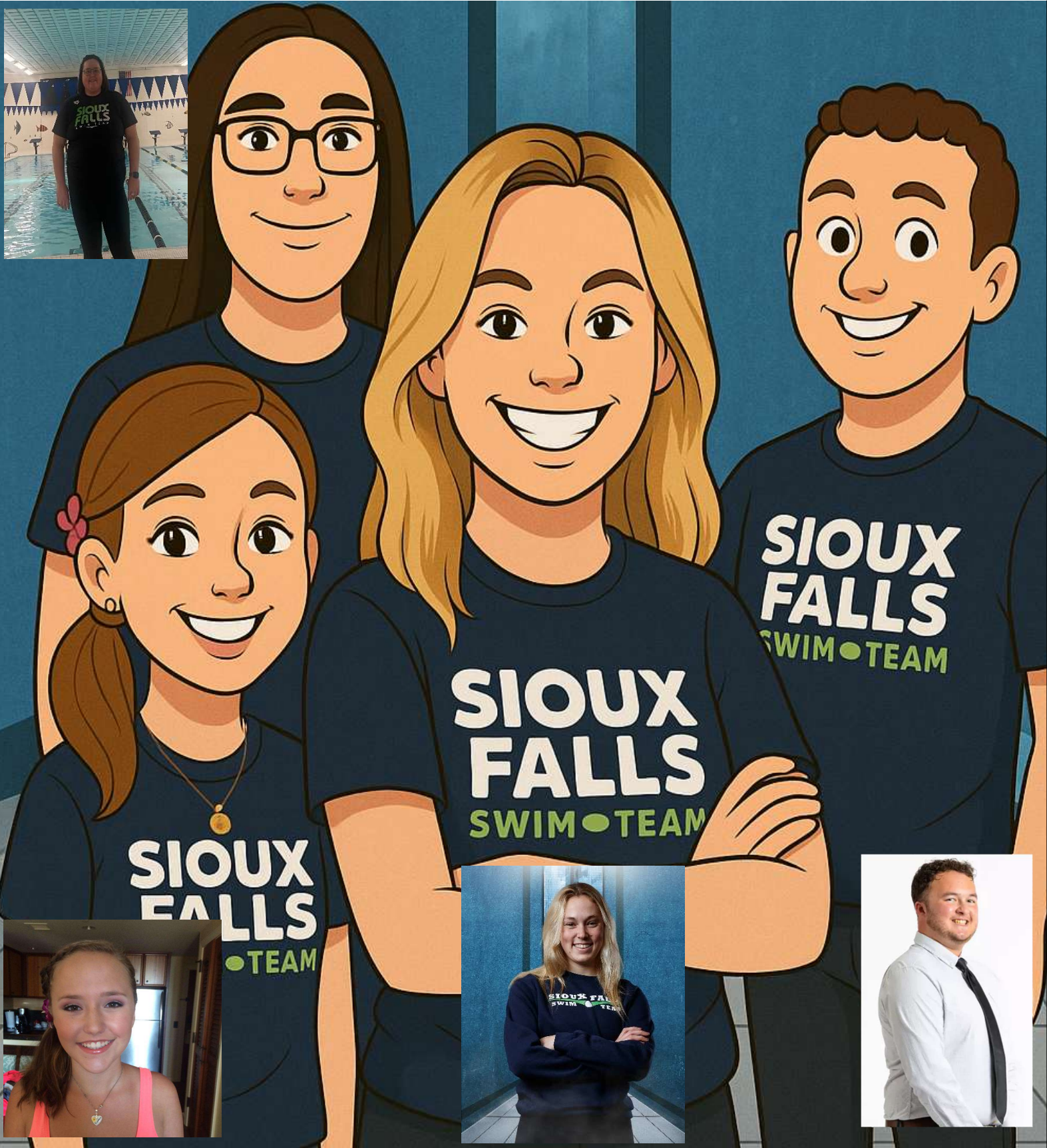
This month we are shouting out our EmBe Coaches!

Coach Emma  
(Top Left)  
Red 1 Lead Coach  
and  
Form & Fitness

Coach Eve  
(Bottom Left)  
Red 1 and  
Form & Fitness

Coach Anna  
(Middle)  
White 1 Lead  
Red 1

Coach Gavin  
(Right)  
Red 1 and  
Form & Fitness



**Emma Haberman**

Emma is originally from Pierre where she joined the Pierre Swim Team at 8. She swam with Pierre until graduating. During her time with PST she also helped coach the beginner swimmers. Additionally she worked as a life guard and swimming lessons teacher throughout high school and college summers. While Emma did not swim competitively in college, she continued spending time at the pool by teaching swimming lessons at the Lincoln YMCA during her time at the University of Nebraska Lincoln.

Since moving to Sioux Falls, Emma spent a few years teaching lessons with Swim America before joining the SFST coaching staff. Outside of swimming she works as a special education teacher in Harrisburg.

**Anna Schmidt**

Anna is in her 4th season with SFST and is working with White 1 and Red 1. Anna recently graduate from Augustana University where she majored in biology and is on the swim team. Prior to that she grew up in Aberdeen, SD and swam for the Aberdeen Swim Club growing up.

**Eve McInerey**

Eve has spent a few years teaching lessons with Swim America before joining the SFST coaching staff. Outside of swimming she works as a elementary education teacher

**Gavin Macfarlane**

Current Augustana Swimmer, Majoring in Sports Management and Business Administration. He is in his 1<sup>st</sup> season on SFST. Helps with our Red 1 and our Form and Fitness Groups. Gavin graduated from Edina High School before moving to Sioux Falls.



# QUESTION ANSWER

Here to answer questions about your child's swimming



If you have any questions that you would want answered, please use this link to submit your question:

<https://www.gomotionapp.com/team/czsdfs/page/faq/faq-portal>

You must be logged into our website to access the link to ask your questions

What is the protocol for allowing a faster swimmer to pass during practice?

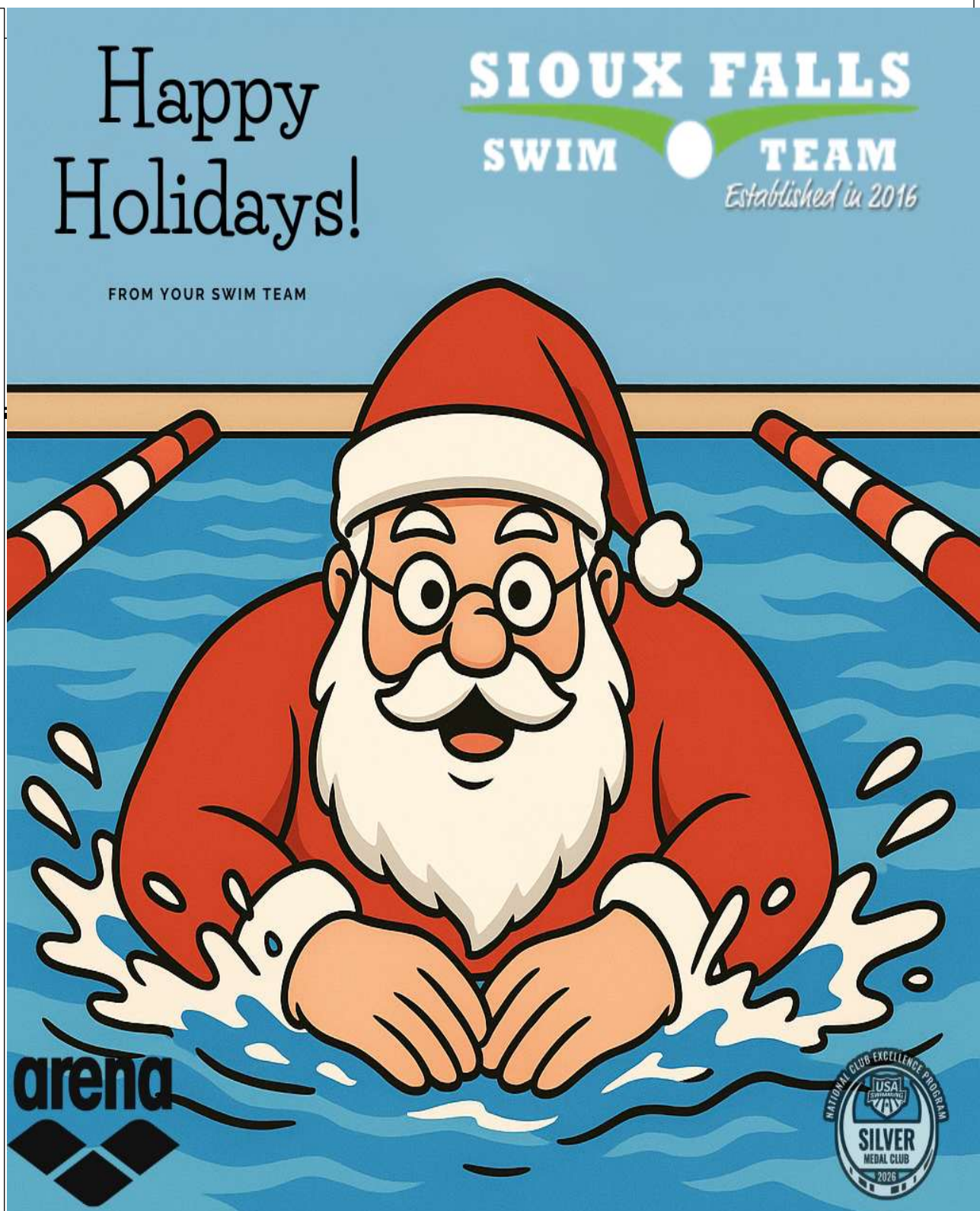
We teach swimmers a simple, respectful passing system as part of good lane etiquette and being a great teammate. If a swimmer is faster, they should ask to move ahead between repeats.

If the lane doesn't reorganize, we use the standard **foot-tap method**—a gentle tap on the foot signals the need to pass.

The swimmer who is tapped should briefly pause at the wall on the next turn to let the faster swimmer go ahead.

This method isn't always as clear cut and there will be times where kids will have their foot tapped but they shouldn't move out of their place. Cohesion of the lane is a balancing act that requires all participants!

This isn't about "losing a spot"—it's about keeping the lane moving smoothly so everyone can train at the right pace. Coaches reinforce this regularly, and families can support it at home by reminding swimmers that communication, awareness, and flexibility are key parts of being a teammate.



Looking to be a sponsor?

Reach out to [president@sfswimteam.org](mailto:president@sfswimteam.org) or anyone on SFST Board

## Thanks to our Sponsors!



Furniture MART





# Winter Break Schedule Dec 22<sup>nd</sup> to Jan 2<sup>nd</sup>

White 2 + 3  
Monday and Tuesday 12/22-23  
5:30-7pm

## SFST Winter Break Schedule 2025

All groups off Dec. 24-28  
R1/R2/R3/W1/Form&Fitness Off Dec. 22-29

### Monday Dec. 29th (Midco)

Blue 2 & 3 - 8:00-10:00am  
Blue 1 - 9:45-11:15am  
White 2 - 9:45-11:15am  
White 3 - 9:45-11:15am

Blue 2 & 3 - 4:00-5:30pm  
Red 3 - 4:30-5:30pm  
Red 2 - 5:30-6:30pm  
White 1 - 5:30-6:30pm  
White 2 - 5:15-6:45pm

### Tuesday Dec. 30th (Midco)

Blue 2 & 3 - 9:00-10:00am  
Blue 1 - 9:45-11:15am  
White 2 - 9:45-11:15am  
White 3 - 9:45-11:15am

Blue 2 & 3 - 4:00-5:30pm  
Red 3 - 4:30-5:30pm  
Red 2 - 5:30-6:30pm  
White 1 - 5:30-6:30pm  
White 2 - 5:15-6:45pm

### Wednesday Dec. 31st (Midco)

Blue 2 & 3 - 8:00-10:00am  
Blue 1 - 9:45-11:15am  
White 2 - 9:45-11:15am  
White 3 - 9:45-11:15am

### Thursday Jan. 1st (Midco)

NO PRACTICES FOR ANY GROUPS

### Friday Jan. 2nd (Midco)

Blue 2 & 3 - 8:00-10:00am

Red 3 - 10:00-11:00am  
White 2 - 10:00-11:00am  
White 3 - 10:00-11:00am  
Blue 1 - 10:00-11:00am

Intrasquad Meet @ 4:00pm

### Saturday Jan. 3rd (Midco)

Blue 2 & 3 - 9:00-10:00am  
White 3 - 10:00-11:00am  
Blue 1 - 10:00-11:00am

Blue 2 & Blue 3 - 4:00-6:00pm

### Sunday Jan. 4th - OFF

### Red 1 & Form & Fitness @ EmBe

Monday 12/29 - Regular Schedule w/ Form & Fitness at regular Tuesday time (7pm)

Tuesday 12/30 - Regular Schedule

### Wednesday 12/31 & Thursday 1/1 - OFF

## Deep Thoughts from the Shallow end

2025 is the year for swim coaches. The perfect set-20x25!!! I began the year with my groups doing 20 x 25 and we’ve done LOTS of them this year.

This fall, Coach Kyle had the older kids do a progressive set of 25’s fly.

I decided to try it with my W2 group in October/November. We began with 2 x 25 on :30 and add two each practice until we reached 40 x 25 on :30. It’s very doable, but challenging. Especially the last 20-40. Like I’ve told my groups many times,

“Little by little, a little becomes a lot.”

The set ended up being a total of 440 x 25 (thank you, Killian-he did the math) if they were at every practice. That is a grand total of 11,000 yards in 220 minutes, or 3.6 hours of pretty fast swimming!

When we finished, I gave the kids a few reflection questions to answer on an index card. I like to know a little more about what goes on in their head (that’s the teacher in me) and how they process things we do in the pool.

On this activity, one of my athletes coined a new word...a very good word.! Question #2 was, “What did you learn from the 40 x 25”s?” I received a variety of thoughtful answers, but the best, the epic answer was.....“I learned to persurvive (persevere).”

That, my friends, is what I think the biggest lesson of doing hard things, like 40 x 25 on :30 is all about!

Learning to "persurvive"!

Ponderings w/  
Coach Paula

